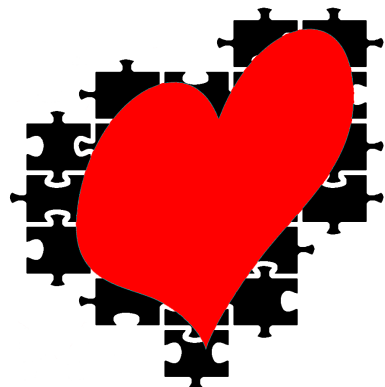


## You may be wondering...

- Am I really ready to have sex?
- How can I protect myself from sexually transmitted infections?
- Am I ready to have a baby or raise a child?
- How can I prevent pregnancy?
- What does having sex mean in my relationship with my partner?
- Who can I talk to?



If you are in a sexual relationship, your family planning provider can give you information about contraceptive choices and the prevention of sexually transmitted infections in a confidential manner. They can also give you information about pregnancy and pregnancy testing.

## Phone Resources

**Colorado Anti-Violence Program:** 303.852.5094  
(24-hour/crisis and hate crimes-LGBTQ specific)  
888.557.4441

**National Teen Dating Abuse Hotline:**  
866.331.9474

**Rape Crisis Hotline:** 303.322.7273  
(24-hour support)

**Boys Town National Hotline:** 1.800.448.3000

## Online Resources

**Beforeplay:** [www.beforeplay.org](http://www.beforeplay.org)

**Centers for Disease Control and Prevention:**  
[www.cdc.gov/ViolencePrevention/  
intimatepartnerviolence](http://www.cdc.gov/ViolencePrevention/intimatepartnerviolence)

**Colorado Coalition Against Domestic Violence:**  
(303)831.9632 or  
[www.ccadv.org](http://www.ccadv.org)  
click on 'Getting Help' then 'Teen Dating Violence'

**Colorado Youth Matter:**  
[www.coloradoyouthmatter.org](http://www.coloradoyouthmatter.org)

**LoveIsRespect.org:** [www.loveisrespect.org](http://www.loveisrespect.org)

**Sex, etc.:** [www.sexetc.org/](http://www.sexetc.org/)

**StayTeen.org:** [www.stayteen.org](http://www.stayteen.org)

**Boys Town:** [www.boystown.org/national-hotline](http://www.boystown.org/national-hotline)

# Thinking about it?... Think about this...



Tips for starting the conversation  
with your partner, parent or trusted  
adult about healthy relationships.

## Talking with a family member or trusted adult about your decisions

Most young people would like to talk to an older, more experienced person about sex. You may be surprised to learn that a family member or older adult wants to listen and talk about these issues.

### Remember...

The adults in your life may already be worrying about whether you are having sex. They may be relieved to know you are being responsible about having sex and using birth control.

### Talking about sex can be hard. You might think they will get mad. Here are some tips for talking with a family member or trusted adult:

- Start with the adult with whom you are most comfortable talking.
- Adults you trust can listen to your situation and help you communicate with your partner about what you want.
- Choose a time when you are both relaxed, not after an argument or at the end of a hard day.
- If you really aren't sure how they'll react, tell them about "a friend."
- You might start the conversation by asking how they decided they were ready to have sex.
- If they do get angry or upset, give them some time to calm down. You thought about what to say for a long time, and they may need some time to think about what they want to say.
- Be assured that any emotion the person you are talking with expresses is due to their concern for you.

Think carefully about who you include in your sexual decision-making. Decide if sharing this information would put you in danger. If you feel this may put you in a dangerous situation, your family planning provider can help you through it, in a safe environment.

Talking about such personal subjects can be embarrassing. But this is your chance to improve your good communication skills.

### Try to:

- Stay calm and listen.
- Understand that others care about your health and happiness.
- Reassure your family member or trusted adult that you are taking care of yourself and getting the healthcare you need.

**Some 71% of teens report that they have had a helpful conversation with their parents about delaying sex and avoiding teen pregnancy.<sup>1</sup>**

<sup>1</sup>Albert B. With one voice: America's adults and teens sound off about teen pregnancy. Washington, DC: National Campaign to Prevent Teen Pregnancy, 2007

## **"What if I don't want to?..." What to do when your partner says YES and you want to say NO? (Or the other way around?)**

In a healthy relationship, both people decide together if and when they want to be sexual with each other. They want sex to be something that makes both of them feel good about themselves and where they are going in life.

If you are in a relationship that doesn't feel good for you, and your partner is trying to make decisions about sexual activity, help is available. Some relationships aren't good for both people. Sometimes one partner forces the other to have sex when he or she isn't ready. One partner may use emotional pressure (for example, threatening to find another partner), or may even use physical force.

Is your partner much older than you are? If so, it may be even more difficult for you to say no. He or she may feel ready to have sex, while you might want to save that experience for when you are older.

If you are in a difficult or dangerous situation, call any of the phone numbers listed on the back of this brochure or talk with someone at the clinic. They will listen to you and put you in touch with people near you who can help.